

Department of Rockville Recreation and Parks

# Adults 60+ *Recreation and Services Guide*

Spring 2019



City of  
**Rockville**  
Get Into It



Rockville Senior Center • 1150 Carnation Drive • Rockville, MD 20850



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## **Recreation and Parks Mission Statement**

To promote participation by all Rockville citizens in diverse, interesting and high-quality recreational and leisure opportunities in safe, modern and well-maintained parks and facilities.

## **Stay Informed**

[www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter)

Email: [seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

240-314-8800



[Facebook.com/rockvilleseniors](https://www.facebook.com/rockvilleseniors)



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)

## **Prices Key:**

Prices are listed as

**Senior Center Member/  
Non-Member**



# Welcome

## Rockville Senior Center Hours

Monday-Friday, 8:30 a.m.-5 p.m.

Saturday, 8:30 a.m.-1 p.m.

## Fitness Center Hours

Monday-Thursday, 7 a.m.-8 p.m.

Friday, 7 a.m.-7 p.m., Saturday, 7 a.m.-4 p.m.

**Main Line/Registration:** 240-314-8800

**Directions:** 240-314-5019

**Bus Transportation/Lunch Reservations**  
240-314-8810

## Center Membership Fees

\$40/year: Rockville residents

\$135/year: nonresidents; \$65: spouse

## Fitness Center Membership Fees

\$90/year (must be a Senior Center member)

## Attention!

The pricing for all programs is priced as Senior Center members or nonmembers. Membership must be current to register on Feb. 26 and receive discounts on classes.

## BUILDING CLOSED

**Monday, May 27**  
**Memorial Day**

Check our monthly newsletter for updates, special events, and movies. The newsletter can be found online at [www.rockvillemd.gov/seniorcenter](http://www.rockvillemd.gov/seniorcenter) or in person at the center.

## Registration Dates

**(M): Senior Center Member** registration begins **Tuesday, Feb. 26**. Senior Center members receive a discount on programs.

**(NM): Nonmember** registration begins **Thursday, Feb. 28**.

## Any Questions?

EMAIL US AT  
[seniorcenter@rockvillemd.gov](mailto:seniorcenter@rockvillemd.gov)

## Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8800. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA coordinator at 240-314-8108; TTY 240-314-8137.

# Arts & Enrichment



## AAA CarFit

Back by popular demand! CarFit is a program designed to be a quick, comprehensive check of how well you and your vehicle work together. A trained professional helps you complete a 12-point checklist. You must register and will be given an appointment time for you and your car. Call 240-314-8803. (Everyone who drives should do this program!)

9368 M 4/29 9:30 AM-2:30 PM Free  
Back Parking Lot

## NEW! Appraisal Roadshow

Bring your antiques and Peenstra Antiques Appraisals will offer free appraisals and advice. Who knows, you could have a real treasure on your hands. The first 25 registrants will have their items evaluated and the audience will get to listen in! Bring paintings, toys, jewelry, silver, porcelain, furniture and documents. Register prior to April 1 unless filled. List your one or two items on registration form.

8717 Th 4/11 1-2:30 PM \$7/\$10  
Lounge

## Did you know?

We have a specialized woodshop room.  
A woodshop staff member is available on  
Thursdays from 10 a.m.-noon for machine questions.

## April Supper Club

Tuesday, April 16 • 5-7 p.m.

A catered dinner and entertainment celebrating the  
**Senior Center's 37th Anniversary.**

Register by 4/8. Course # 9413; \$20 Members, \$25 Nonmember



# Arts & Enrichment

## **NEW!** Art Appreciation

Joan Hart will be with us to have an in-depth discussion on American Women Artists: Mary Cassatt and Her Contemporaries. Impressionist Mary Cassatt is one of our most beloved artists, especially known for her popular depictions of the mother and child theme. Discover two other American women artists, Cassatt's contemporaries Cecilia Beaux and Elizabeth Nourse, who often rivaled her in their skill and creativity.

**9253** Tu 5/21 10:30 AM-12 PM \$6/\$9  
Azalea Room

## **NEW!** Balloon Sculpture

One of our members, Betty Canallas is known for her balloon sculptures. Come for a fun filled afternoon with Betty and learn how to twist in style and create unique and fun sculptures.

**8665** Tu 5/14 1-3 PM \$6/\$9  
Blossom Room

## **NEW!** Bee-Curious

Bee experts all agree that the bee population is in critical need of care. Learn from actual beekeepers, about the fascinating and busy lives of bees. Get a chance to see them upclose and have your questions answered.

**8712** M 5/13 10:30-11:30 AM \$6/\$9  
Azalea Room

## **Rockville Senior Center**

# *Art Reception*

**Thursday, May 16  
6-8 p.m.**

**Senior Center Lounge**

Featuring the work of Val Fry's  
Senior Watercolor Classes

**240-314-8820**

Sponsored by Brightview Senior Living

## **Birthday and Anniversary Parties**

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events, held in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party, based on availability. Members and City of Rockville residents are free.

### **April Birthday**

Sponsored by: Bruce & Nancy Abram, Lucinda Hall, Judy Pretka, Oscar Sejas

Entertainment by: Michael Poist, Country Western Singer

**8660** W 4/3 1:30-3 PM Free/\$7  
Carnation Room

### **May Birthday**

Sponsored by: Marge Carter, Sharon Rifkin

Entertainment by: The Goldenaires Band

**8662** W 5/1 1:30-3 PM Free/\$7  
Carnation Room

### **June Birthday**

Sponsored by: Edwina & Ted Moore, Arden Courts of Potomac

Entertainment by: The Carnation Players

Note: The party will be held the second week on June 12th and will be at the F. Scott Fitzgerald Theatre on the grounds of Glenview Mansion.

**8663** W 6/12 1:30-3 PM Free/\$7  
Theatre

## **Book Club**

An in-depth discussion covering a broad spectrum of books, ranging from older classics to current best sellers. Books are selected by the group at each session. A moderator presents topics for discussion.

**8485** Th 3/28 & 4/25 10 AM-12 PM Free/\$5  
Board Room

## **NEW!** Bridge-Beginner III

This is the final course in the Beginner's series. It will emphasize the play of the hand, both declarer and defensive. The 2 over 1 bidding system will be reinforced. Prerequisite: Beginner's Bridge 1 (not 2) or a basic understanding of modern bidding.

**9371** Tu 3/26-5/14 1 PM-2:30 PM \$80/\$100  
Lounge



# Arts & Enrichment

## Carnation Players

Calling all characters! If you can sing, dance, play an instrument or want to be in a skit, we need you. The Players can't guarantee fame and fortune, but you'll have lots of fun. This season's play will be presented in June on the stage at the F Scott Fitzgerald Theatre. New cast members are welcome.

8659 Tu 3/26-6/11 3-4 PM Free  
Carnation Room

## NEW! Ecuadorian Rainforests & Galapagos Islands

Rick Hildenbrand's latest adventure took place over the summer. We've traveled the world with him and you'll enjoy this discussion and pictures of the Ecuadorian rainforests and Galapagos Islands on his newest Power Point presentation. We love to travel with Rick – no jet lag!!

8489 Th 4/4 10:30 AM-12 PM \$3/\$5  
Azalea Room

## English Class

Classes include reading, speaking, listening and pronunciation for seniors whose first language is not English. Returning students should register for the class recommended by your teacher. New student placement is determined by assessment on 4/8, 4/9, 4/10 9:30 a.m. Class cancelled Monday, 5/27.

### English A Just the Basics of English

9338 M, W 4/8-6/17 10 AM-12 PM \$20/\$27  
Azalea Room

### English 1 Beginner

9339 M, W 4/8-6/17 10 AM-12 PM \$20/\$27  
Azalea Room

### English 2 High Beginner

9340 Tu, Th 4/9-6/13 10 AM-12 PM \$20/\$27  
Card Room

### English 3 Intermediate

9341 Tu, Th 4/9-6/17 10 AM-12 PM \$20/\$27  
Azalea Room

### English 4 Advanced

9342 M, W 4/8-6/12 10 AM-12 PM \$20/\$27  
Board Room

## English Conversation Classes

Speak more confidently about everyday topics.

### Beginner

9343 Tu 4/16-6/11 1-2:30 PM \$14/\$18

### Intermediate

9344 Tu 4/16-6/11 1-2:30 PM \$14/\$18  
Arts & Crafts Room

## NEW! Guitar-Beginner

Learn a new skill or refresh one long forgotten with this eight week acoustic guitar course taught by Kevin Mittleman from the School of Music. Class covers basic strumming techniques, scales, and melodies, basic theory and tips to get you playing. Students need a guitar and notebook. Acoustic guitars can be rented for \$40 a semester by calling 240-314-8820.

9418 W 3/27-5/15 1:30-2:30 PM \$99/\$125  
Board Room

## Handbells-Beginner & Continuing

This is a fun course using color-coded lightweight hand bells and requires no previous musical knowledge. Each student will get to use one or two bells each session and the group together will play both folk songs and some classical music. There is no practicing required. As the class progresses, we may play chords using multiple bells together as a group. The idea is to have fun and produce recognizable music. At the end of the session, we will give a short performance at the Center. A \$10 music book fee due to instructor at the class for new participants.

9382 Tu 3/26-5/14 2-2:50 PM \$20/\$25  
Board Room

## NEW! Issues and Ethics

Do you ever wonder about the major issues that confront us daily? This course provides an opportunity to discuss the ethics involved, to increase your knowledge and honestly look at the pros and cons. This class gives participants a chance to evaluate, enhance or even change their positions in an environment where all positions are respected.

8568 W 4/3-5/8 1-1:30 PM \$42/\$52  
Blossom Room



# Arts & Enrichment

## **NEW!** Mah Jongg

### **Everything You Wanted to Ask**

This class is for those who already know how to play Mah Jongg or have taken a course at the Center. It is an opportunity to become more proficient and "ask the expert." An instructor will be available for guidance and discussion of play. Please bring your 2019 cards with you to class.

**8682** W 4/24-5/1 1-2:30 PM \$30/\$35  
Lounge

## **NEW!** Music Enrichment with Irv

Irv Chamberlain is head-over-heels in love with music. He has shared this ardor in lectures on all aspects of great American music. His presentations examine vocalists and solo instrumentalists, as well as major American composers. He plays selections of their works and incorporates the ups and downs of their lives and careers

### **Masters of Love Melodies**

The best of the old and new masters will be covered. Romantic songs of classical composers as well as those from country western, rhythm and blues, swing, rock and Broadway show tunes.

**9252** Th 4/25 & 5/23 1-2:30 PM \$10/\$15  
Card Room

## **NEW!** Organizing and Enhancing Your Digital Photos

See how easy it is to organize and enhance your photos using free tools available on your Windows-based computer or on the internet and then create beautiful photo books using your enhanced images. If sufficient interest exists after this demonstration, we can create a hands-on training class to teach you how to "do-it-yourself."

**7301** Th 3/7 10:30 AM-12 PM \$3/\$5  
Azalea Room

## **NEW!** Painting on Glass-Spring Style

Springtime is just around the corner and now is the time to toast the season. Our spring class will feature two wine glasses adorned with a vibrant dragonfly design in hues of pinks, blues and green. Join the fun with Cathy Pasquarello, who will guide you through this easy process. \$15 payable to instructor at beginning of class.

**8187** Th 3/28 10:30 AM-12:30 PM \$12/\$15  
Arts & Crafts Room

## **Piano Lessons**

Learn fundamentals of rhythm, theory and note reading in a small class environment. Pianos are available for each person. \$8.00 material fee if new book needed.

### **Beginner Continuing**

This class is for those students who have taken at least one series of piano with our Senior Center instructor. The class covers keyboard, rhythms and techniques. Limited to five students to allow for individual instruction. \$8.00 material fee if new book needed.

**8679** Tu 3/26-5/14 10:30-11:20 AM \$99/\$125  
Board Room

### **Advanced Continuing**

Class is designed for those who read both musical clefs, play two hands simultaneously and understand theory. Prerequisite: students who have taken a continuing class at the Senior Center or meet the listed requirements.

**9372** Tu 3/26-5/14 11:30 AM-12:20 PM \$99/\$125  
Board Room

## **Piecemakers' Club**

Come join our friendly group of quilters, share ideas and techniques, and keep current on the latest trends in quilting. Work on your own or join a group project.

**8483** M 4/1-5/20 12:45 PM-2:45 PM \$9/\$12  
Arts & Crafts Room

## **Spring Flower Happy Hour** **Tuesday, April 30 • 4:30-6 p.m.**

Enjoy an evening out to meet new friends and the staff at the Senior Center. Bus transportation is available to Rockville residents by calling 240-314-8810. \$3 donation is recommended. Sponsored by Care Plus Home Care



# Arts & Enrichment

## **NEW!** Second Fiddle – VPs Never President

The role of the vice president is simply to be prepared to take over if the president is unable. They also play an important role as the president of the Senate and could cast a tie breaking vote. There have been 48 VPs in American history and many are forgotten since they never became president of the United States. Joan Adams will present this new series.

The first vice president to be discussed is Aaron Burr. He was VP for Thomas Jefferson from 1801–1805.

**8577** M 4/1 10:15-11:15 AM \$8/\$10  
Card Room

The vice president discussed will be George Clinton, who served both Thomas Jefferson and James Madison.

**8578** M 4/15 10:15-11:15 AM \$8/\$10  
Card Room

Vice President Elbridge Gerry will be discussed. He was VP during James Madison's Presidency.

**8579** M 5/6 10:15-11:15 AM \$8/\$10  
Card Room

Vice President Daniel Tompkins will be discussed. He was VP for James Monroe's administration 1817–1825.

**8580** M 5/13 10:15-11:15 AM \$8/\$10  
Card Room

John C. Calhoun who served two presidents, John Quincy Adams and Andrew Jackson will be discussed.

**8581** M 6/10 10:15-11:15 AM \$8/\$10  
Card Room

Richard M. Johnson served Martin Van Buren as VP from 1837–1841.

**8582** M 6/24 10:15-11:15 AM \$8/\$10  
Card Room

## **NEW!** Police Academy

Join us for this important program highlighting safety and education for our 60-plus population. Classes cover code enforcement, K-9, and forensic science, to name a few. The last session tours the Rockville Police Station. Program facilitated by Cpl. Ken Matney.

**8185** W 3/20-4/24 10:30 AM-12 PM Free  
Azalea Room

## **NEW!** Practical Packing

Let's get packing with a retired flight attendant who will help pack away your travel woes and learn how to take the stress out of your suitcase. She will offer tips on improving efficiency and avoiding excess baggage fees.

**8190** M 4/8 10 AM-12 PM \$6/\$9  
Blossom Room

## **NEW!** Senior Safety

Being alert when you are out and about and being careful of your personal safety is something for all ages to be aware of. As people age, the need to keep in mind specific, helpful self-defense tips is important. Join Master Michelle Tucker of Tucker Tae Kwon Do for a four-week course to help you be aware of your surroundings and take care of yourself.

**9277** Th 5/2-5/23 10:30-11:30 AM \$24/\$30  
Azalea Room

## **NEW!** Spanish for 60+

Classes are designed to make you feel more comfortable getting started with everyday conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. Includes interactive activities.

### **Just the Basics**

**9346** Tu,Th 4/16-5/16 12:30-2 PM \$55/\$70  
Blossom Room/Delgado

### **Continuing**

**9347** M,W 4/15-5/15 12:30-2 PM \$55/\$70  
Blossom Room/Delgado

## **NEW!** Walter Cronkite

Dwane Starlin, actor-performer who specializes in historical characterizations will portray Walter Cronkite. Cronkite's life work followed a simple rule. At age 12, he read about a foreign correspondent and decided that was what he wanted to be. It was the only career goal he ever had and he achieved it by becoming the first important news anchor on American television. Come listen and learn about this fascinating American icon.

**9380** W 4/10 1 PM-2:30 PM \$6/\$9  
Azalea Room



# Arts & Enrichment



## **NEW!** Watercolor–Painting Birds

Explore the painting of birds in several different environments. Class lessons will include the painting shore, song and woodland birds. Bring your watercolor paints to learn new techniques on different paper surfaces.

**8181** W 4/3-4/24 10 AM-12 PM \$55/\$55  
Blossom Room

## **Watercolor Classes**

Val Fry, our popular watercolor teacher, has a background in art and art therapy, and is active in art organizations throughout the state. Fry's wealth of experience in the medium means her classes fill quickly.

### **Beginner**

This class introduces the basics of color, brush handling, composition and technique. The class emphasizes creative expression and developing your own unique style. A supply list will be available at Senior Center Information Desk.

**8686** Tu 3/26-5/14 10 AM-12 PM \$92/\$112

### **Intermediate**

For participants with some watercolor experience. Class focuses on composition, color harmony and movement, and explores color mixing, splattering, wet into wet and other techniques.

**8563** Tu 3/26-5/14 1-3 PM \$92/\$112

**8680** Th 3/28-5/16 1-3 PM \$92/\$112

### **Advanced**

For the experienced painter. Class encourages participants to simplify design plans while looking at more abstract shapes, contrasts and emotions. Emphasis is on building use of color, composition and your own unique style.

**8565** Th 3/28-5/16 10 AM-12 PM \$92/\$112  
Blossom/Fry

## **NEW!** What's All The Fuss

What's all the fuss about the Instant Pot? What goes around comes around and the Instant Pot is today's electric tabletop version of the pressure cooker—except that it's also a slow cooker, rice cooker, yogurt maker and can saute and sear too. Chef Instructor Sheila Crye will demystify how the Instant Pot works and will demonstrate how to use the Instant Pot to easily produce a flavorful meal that you will enjoy.

**8188** Tu 4/2 4-6 PM \$35/\$44  
Kitchen

## **Spring Flower Happy Hour**

Enjoy an evening out to meet new friends and the staff at the Senior Center. Bus transportation is available to Rockville residents by calling 240-314-8810. Register by 4/23. A \$3 donation is recommended.

**9407** Tu 4/30 4:30-6 PM \$3 donation  
Carnation Room



## **INTERNATIONAL DAY**

### **A Celebration of Cultures**

**Friday, June 14**

**10:30 a.m.-noon**

Displays • Costumes • Tastings  
Dance demonstrations.





## **TRIP REGISTRATION: IN-PERSON LOTTERY**

**Tuesday, March 12 • 10:30 a.m.**

Senior Center members - Numbers distributed in random order, 10:15 a.m.

**Thursday, March 14**

Nonmembers - Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.

When you travel with the Senior Center, you can relax and leave the driving and parking to us. Travel in the comfort of a chartered bus, equipped with restrooms. It's a great way to meet new people or create memories with old friends. Hurry! Trips tend to sell out quickly, so don't delay.

Call 240-314-8800 for more information.





### NEW! Baltimore Aquarium

It's been awhile since we've been to Baltimore to the National Aquarium so join us for a day near the aquatic wildlife and water. We will explore the aquarium on our own, but you have the option of taking a guided tour (additional fee) once we've arrived. Lunch on your own at the Harbor Market Kitchen or cafe onsite. Trip includes charter bus transportation, leadership and admission.

9389 Th 5/30 9 AM-3 PM \$62/\$81  
Glenview Mansion Lower Parking lot

### NEW! Blossom Cruise

The perfect way to see the cherry blossoms is from the view on the Potomac River. We will hop on board the Odyssey for a leisurely luncheon cruise and enjoy the sights of Washington. We will have a three-course lunch along with live entertainment on the recently renovated boat. We can never guarantee that the blossoms will be in bloom, but we'll have a wonderful spring day. Trip includes charter bus transportation, leadership, cruise and lunch.

8664 Tu 4/9 9 AM-3 PM \$80/\$85  
Glenview Mansion Lower Parking lot



### NEW! Washington Nationals Baseball Game

Let's play ball. The Nats expect 2019 to be a great year. Root for the home team against the Chicago White Sox for our 1 p.m. game. We don't have our specific seat locations yet, but we always have the club level section, which is perfect regardless of the weather. Refreshments and restrooms are just a few steps away in our semi-private club area. Note: Food and beverages are on your own. Trip includes charter bus transportation, leadership and tickets.

9265 W 6/5 11 AM-5:30 PM \$85/\$110  
Glenview Mansion Lower Parking lot

### NEW! National Law Enforcement Museum

Travel with us to the newest museum in town. The National Law Enforcement Museum is designed with hands-on exhibits that give the ultimate law enforcement experience. We will view a short film, have a docent-led tour and take part in a training simulator. You will also have free time to further explore exhibits on your own. Lunch purchased by participants at museum. Trip includes charter bus transportation, tour, and leadership.

9289 M 4/29 9 AM-3 PM \$68/\$75  
Glenview Mansion Lower Parking lot



## (B) Computers—Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating and/or deleting a desktop shortcut.

9257 Th 4/18 1-3 PM \$7/\$13  
Comp. Lab/Martin

9258 Th 6/27 1-3 PM \$7/\$13  
Comp. Lab/Martin

## (B) Using Function Keys

Function keys have a variety of different uses or no use at all. See how function keys improve how you work with your computer.

9275 M, W 4/8-4/10 10 AM-12 PM \$15/\$25

9276 Tu, Th 5/21-5/23 1-3 PM \$15/\$25

9278 M, W 6/24-6/26 10 AM-12 PM \$15/\$25  
Comp. Lab/Hickman

## (B) Using Right Click—Left Click

Understand your mouse and discover how to find, move, copy and save files and pictures. Create or delete shortcut icons on your desktop, emails and documents.

9269 Th 5/16 1-3 PM \$7/\$13  
Comp. Lab/Martin

9270 Tu 6/18 1-3 PM \$7/\$13  
Comp. Lab/Martin

## (B) Windows PC Backup

When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have.

8689 M 4/8 1-3 PM \$15/\$25  
Comp. Lab/Hickman

8690 Tu 5/7 10 AM-12 PM \$15/\$25  
Comp. Lab/Hickman

8691 W 6/5 10 AM-12 PM \$15/\$25  
Comp. Lab/Hickman

## Did you know?

We have a specialized computer lab that hosts 15 Window PC desktops.

## (I) Laptops—Windows 7

Bring your laptop to class and learn about wireless connections, touch pads, internet access, protecting your computer from theft and other important features of Windows 7.

9281 Tu, Th 4/16-4/18 10 AM-12 PM \$15/\$25

9282 M, W 5/13-5/15 1 PM-3 PM \$15/\$25  
Comp. Lab/Hickman

## (I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? These tips help improve performance and answer questions that puzzle you about your computer. A \$3 handout fee is payable to instructor at first class.

9287 Tu, Th 4/2-4/4 1-3 PM \$7/\$13  
Comp. Lab/Hickman

9290 Tu, Th 5/21-5/23 10 AM-12 PM \$7/\$13  
Comp. Lab/Hickman

## (I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel.

9300 M, W 5/6-5/15 10 AM-12 PM \$27/\$34

9301 M, W 6/3-6/12 1-3 PM \$27/\$34  
Comp. Lab/Hickman

## (I) Microsoft Excel II

After taking Microsoft Excel I, enhance your skills in chart formats and modify chart data; create and use advanced database features; work with multiple worksheets and workbooks.

9302 M, W 5/20-5/29 10 AM-12 PM \$27/\$34  
Comp. Lab/Hickman

9303 M, W 6/17-6/26 1-3 PM \$27/\$34  
Comp. Lab/Hickman



## (I) Microsoft Word

Learn to line up text, collate a list and make documents look professional.

**9295** M, W 4/22-4/29 10 AM-12 PM \$27/\$34  
Comp. Lab/Hickman

**9296** Tu, Th 6/4-6/11 10 AM-12 PM \$27/\$34  
Comp. Lab/Hickman

## (I) Using Thumb Drives Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and cut, copy and paste files from that drive to any other computer. It's important to have a backup. Thumb drives available.

**8720** Tu 4/30 1-3 PM \$7/\$13  
Comp. Lab/Hickman

**8721** W 5/1 1-3 PM \$7/\$13  
Comp. Lab/Hickman

**8945** M 6/10 10 AM-12 PM \$7/\$13  
Comp. Lab/Hickman

## (I) Windows 10 Laptop

With the rollout of Windows 10 on new laptops, learn how to navigate the newest Windows platform.

**9283** M, W 4/22-4/24 1-3 PM \$27/\$34  
Comp. Lab/Hickman

**9284** Tu, Th 6/4-6/6 1-3 PM \$27/\$34  
Comp. Lab/Hickman

## Rockville Seniors, Inc. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities.

For more information, visit:

[www.rockvillemd.gov/boardsandcommissions](http://www.rockvillemd.gov/boardsandcommissions)

## Android Basics

Take a look at many of the installed apps on your device, see pictures and video clips, and download and play games from the app Store. Use the messaging App to communicate with your friends and more.

## Phone

**9293** Tu, Th 4/9-4/11 10 AM-12 PM \$15/\$25

**9294** Tu, Th 5/28-5/30 10 AM-12 PM \$15/\$25

## Tablet

**9291** Tu, Th 4/2-4/4 10 AM-12 PM \$15/\$25

**9292** M, W 5/20-5/22 1-3 PM \$15/\$25

Comp. Lab/Hickman

## Avoiding PC Scams

Alert! Beware! Protect yourself from the scams that are out there when using your computer on a daily basis. We will examine some of the many cons and scams that exist. From emails claiming to be from Microsoft, your bank or a well known charity, learn the signs of deception.

**8715** W 4/17 10 AM-12 PM \$7/\$13

**8716** Th 5/30 1-3 PM \$7/\$13

Comp. Lab







## Computer Trouble Tips

Learn basic troubleshooting techniques and solve your computer problems.

**9279** Tu, Th 4/9-4/11 1-3 PM \$15/\$25

**9280** M, W 5/6-5/8 1 PM-3 PM \$19/\$25

Comp. Lab/Hickman

## Copy Pictures to PC

Learn how to copy them to your computer. Make separate folders for all your groups of pictures. Email them to family and friends. Bring your charger and cord to class.

### Phone

**9250** W 4/3 10 AM-12 PM \$7/\$13

**9251** Th 5/9 10 AM-12 PM \$7/\$13

**9304** Tu 6/18 10 AM-12 PM \$7/\$13

### Tablet

**8946** W 4/3 1-3 PM \$7/\$13

**8947** Th 5/2 10 AM-12 PM \$7/\$13

**8948** Th 6/20 10 AM-12 PM \$7/\$13

Comp. Lab/Hickman

## Facebook

Facebook is a social networking website with billions of subscribers. In this class, using the desktop or laptop users will learn to create a Facebook account and a personal profile to connect with friends and family, find and connect with friends, post comments, share photographs and post links to news or other interesting content on the web. Learn how to join the world of Facebook as the instructor takes you on a new ride to social networking.

### Beginner

**8694** F 4/5 1-3 PM \$9/\$13

**8695** F 4/19 1-3 PM \$9/\$13

**8696** F 5/3 1-3 PM \$9/\$13

**8700** F 5/17 1-3 PM \$9/\$13

**8701** F 6/7 1-3 PM \$9/\$13

**8703** F 6/21 1-3 PM \$9/\$13

### Intermediate

**8706** F 4/12 1-3 PM \$9/\$13

**8707** F 4/26 1-3 PM \$9/\$13

**8708** F 5/10 1-3 PM \$9/\$13

**8709** F 5/24 1-3 PM \$9/\$13

**8710** F 6/14 1-3 PM \$9/\$13

**8711** F 6/28 1-3 PM \$9/\$13

Comp. Lab/Dharmasena

## File Management

Learn how to copy, move, delete and rename files.

Organize your work and find lost files. Make folders and get a better understanding of your profile

**9273** W 5/1 10 AM-12 PM \$7/\$13

**9274** Th 6/13 1-3 PM \$7/\$13

Comp. Lab/Martin

## Flip Phone Basics

Learn the basics about your flip phone. Get direction on what the icons mean on your screen and how to navigate through the buttons.

**9255** M 4/29 1-3 PM \$7/\$13

**9256** Tu 5/7 1-3 PM \$7/\$13

Comp. Lab/Hickman

## Gmail basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever.

9266	M	4/1	10 AM-12 PM	\$7/\$13
9267	M	5/27	1-3 PM	\$7/\$13
9268	M	6/3	10 AM-12 PM	\$7/\$13

Comp. Lab/Hickman

## Hotmail Basics

Introductory session uses class accounts to learn the basics of sending, receiving, copying and saving emails.

9259	Tu	4/16	1-3 PM	\$7/\$13
9260	Tu	5/14	1-3 PM	\$7/\$13
9261	Tu	6/25	1-3 PM	\$7/\$13

Comp. Lab/Martin

## Microsoft Powerpoint

Create a presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics also include how to add titles, charts, tables and pictures.

9297	Tu, Th	4/23-4/30	10 AM-12 PM	\$27/\$34
9298	M, W	6/12-6/19	10 AM-12 PM	\$27/\$34

Comp. Lab/Hickman

## PC Infections

Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn to identify the signs and symptoms of malicious software.

9397	W	4/17	1-3 PM	\$7/\$13
8714	Th	5/2	1-3 PM	\$7/\$13

Comp. Lab/Hickman

## PC New Users

This course familiarizes those new to computers (or afraid to learn) with the basic components of computers. Introduces everyday tasks like email, word processing and surfing the web. No experience required.

8687	M	4/15	10 AM-12 PM	\$15/\$25
8688	Th	6/13	10 AM-12 PM	\$15/\$25

Comp. Lab/Hickman

## Stay alert!...

Sign up at [rockvillemd.gov/alerts](http://rockvillemd.gov/alerts)

## PC Voice Commands

Learn to set up your computer for Windows or speech recognition, create and edit documents or emails, launch applications, open files, control your mouse and more. Program requires Windows 7 or 8.

8718	W	4/10	1-3 PM	\$7/\$13
8719	Th	5/9	1-3 PM	\$7/\$13

Comp. Lab/Hickman

## Windows 10 Basics

Windows 10 has many new and updated options. The start menu, Cortana, Windows Store and Edge the new browser. Learn to navigate these features and more.

9285	Tu, Th	5/14-5/16	10 AM-12 PM	\$27/\$34
9286	Tu, Th	6/25-6/27	10 AM-12 PM	\$27/\$34

Comp. Lab/Hickman

## Yahoo Mail Basics

Login and start exploring, organizational tools for your email. Check out new themes, send GIFs, find every photo you've ever sent or received, and search your account faster than ever.

9262	M	4/1	1-3 PM	\$7/\$13
9263	W	5/29	1-3 PM	\$7/\$13
9264	Tu	6/11	1-3 PM	\$7/\$13

Comp. Lab/Hickman







## Staff Spotlight

Fran Jablonski has worked with the City of Rockville for 44 years in the finance department. She joined the Senior Center in 2018 as the support resource secretary. You'll meet Fran when you call to schedule for transportation or registering for taxi coupons. She is a great addition to the Senior Center family!

### Abs and Back

The core is the key to better posture, better balance and better movement. This class focuses on the core through exercises using upper and lower abdominals, pelvic floor, obliques, buttocks and mid- and lower-back muscles. Most exercises are done on the floor; participants must be able to get up and down from the mat.

**8612** Tu 4/9-6/4 5-5:45 PM \$45/\$56  
Exercise Room/Owen

### Aerobic Workout

Step up to the latest exercise designed for the active participant who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using basic dance movements with one foot safely in contact with the floor at all times. Class includes a mixture of oldies and current music.

**8632** Tu, Th 4/16-6/13 11 AM-12 PM \$58/\$72  
**8600** W 4/17-6/12 2:15-3:15 PM \$35/\$44  
Exercise Room/Klopfer

### Afternoon Yoga Flow

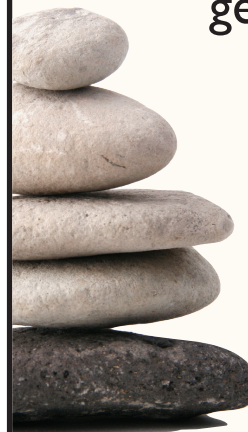
Calm your mind and body during this afternoon yoga flow class. Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat.

**8638** Tu, Th 4/9-6/18 3:15-4:15 PM \$75/\$94  
Exercise Room/Ford

## Ask the Wellness Coach!

*Let our coach check your body composition and help monitor your blood pressure.*

Ask questions about nutrition, diet and general health.



Call for your free 15-minute appointment or stop by the Rockville Senior Fitness Room desk.

*(Fitness Center members only.)*

**240-314-8813**

## Arthritis Foundation — Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility, range of motion, overall stamina and maintain muscle strength. Exercise can help ease pain and stiffness, as well as feelings of isolation and depression.

**8633** Tu, Th 4/9-6/6 1-2 PM \$57/\$72

**8601** F 4/12-6/7 1:15-2:15 PM \$35/\$44

Exercise Room/Owen

## Balance Matters

Balance exercises help improve stability, coordination, leg strength and posture. Exercises in this class help reduce the risk of falling and prevent injury to improve overall daily life.

**8602** W 4/10-6/5 12:10-12:50 PM \$35/\$44

Exercise Room/Ohlandt

## Belly Dance Basics

Enjoy an expressive, exciting and energetic activity. Basic belly dance practices can stimulate the heart and lungs, loosen the hips and spine, and improve balance and core strength.

**8603** F 4/12-6/21 10-10:45 AM \$35/\$44

Blossom Room/Ford

## Body Sculpt Workout

Work all your major muscle groups with the use of weights, bands and tubes. The instructor guides you through each movement. All exercises are appropriate for most fitness levels. This class includes work on the mat.

**8613** F 4/12-6/7 9-9:45 AM \$45/\$56

Thomas Farm CC/Ramsey



## Walk, Ride, or Glide to Fitness 8 WEEK FITNESS CHALLENGE

The Center for Disease Control and Prevention recommends 150 minutes of moderate aerobic activity weekly for older adults. You can accomplish this goal with the eight-week fitness challenge, beginning March 25 and concluding May 18. Prizes will be awarded for the three senior center members who exercise the greatest number of minutes during the challenge.

There will be a mandatory organizational meeting at the Senior Center on March 19 at 1 p.m. for all participants to receive the fitness challenge packet and to review the program's guidelines. Registration is required for this free program. Registration closes March 29. Register with course #8583 at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration). (Must be a Senior Center fitness member or senior fitness class participant.)



# Fitness and Sports



## Caribbean Dance Basics

Learn how to dance salsa, cha cha, guaguancó and other Caribbean rhythms. Class begins with a slow warm-up, followed by instruction of basic steps. You combine the steps learned to create fun Caribbean dances performed to live music.

**8614** M 4/8-6/10 11 AM-12 PM \$45/\$56  
Carnation Room/Delgado-Alba

## Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance, and promote better circulation.

**8626** M, W 4/8-6/10 11 AM-12 PM \$50/\$62  
Exercise Room/Ramsey

## Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. Direct the flow of your body's energy to help prevent disease and build strength.

**8627** F 4/12-6/7 11:15 AM-12 PM \$50/\$62  
**8628** F 4/12-6/7 12:15-1 PM \$50/\$62  
Blossom Room/Helfer

## NEW! Drums Alive

Try this exciting new class using a stability ball and drum sticks. Get your heart pumping, strengthen your lung, and improve endurance. This class is adaptable to most fitness levels.

**8607** M 4/8-6/10 2-2:45 PM \$40/\$50  
**9272** Th 4/18-6/13 2-2:45 PM \$40/\$50  
Exercise Room/Delgado-Alba

## Easy Feet

Use fun, energetic music to learn easy-to-follow patterns including basic dance movements, and receive a great light-cardio workout. Appropriate for beginners.

**8596** W 4/10-6/5 11:15 AM-12 PM \$30/\$38  
Carnation Room  
**8608** F 4/12-6/7 11:15 AM-12 PM \$40/\$50  
Exercise Room/Finn

## Easy Zumba

Combine fun, energetic and motivating music with easy-to-follow movements and dance away your worries. Zumba is great for the body and mind. Wednesday class will be held in the Carnation room. Appropriate for beginners.

**8629** M, W 4/15-6/17 10-10:50 AM \$50/\$62  
Exercise Room/Serrano-Gonzalez

## Easy Zumba Bilingual

Esta clase inspirada en musica Latina, es apropiada para principiantes. 'Easy Zumba' está diseñada para ayudarle a ejercitar todo su cuerpo mientras se divierte bailando. Las instrucciones se proveerán en español e inglés. This Latin-inspired class is appropriate for beginners. Easy Zumba is designed to help you get a total body workout while having fun dancing. Instructions provided in Spanish and English.

**8604** F 4/12-6/7 10:45-11:35 AM \$35/\$44  
Twinbrook CRC/Vivar

## Questions about your workout? Ask the trainer!



Call for a free 15-minute  
appointment or stop by  
the Rockville Senior  
Center Fitness Room desk.

**240-314-8813**  
(Fitness Center members only.)

## **NEW! Foam Rolling**

This class will help soothe your tight muscles by using a foam roll for self-massage. Release tension and speed up muscle recovery in as little as 30 minutes. This class includes work done on the mat. For the active participant.

**9271** Th 4/18-6/13 12:15-12:45 PM \$65/\$81  
Lounge/Ohlandt

## **Forever Fit**

Receive a total-body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. This class is appropriate for most fitness levels.

**8605** M 4/8-6/10 12:10-12:50 PM \$35/\$44  
Exercise Room/Ohlandt

**8636** Tu, Th 4/9-6/6 10-10:50 AM \$65/\$81  
Exercise Room/Finn

## **Functional Training**

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants use weights and mats. This workout is for most fitness levels.

**8617** Sa 4/13-6/8 10-11 AM \$48/\$60  
Exercise Room/Owen

## **Fitness Club**

Interested in becoming a Fitness Club member? Workout in our state-of-the-art fitness room. Basic exercise machine training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

## **Basic Exercise Machine Training**

Basic exercise machine training is required of all new Fitness Club members. This is done by appointment only. Appointments can be made at the front desk. \$15.

## **Hot Zumba Moves**

Increase your energy with exciting dance moves. This class is taught using percussion instruments along with Latin-based music. Have a total body workout and reduce stress levels while having fun dancing. Appropriate for active participants who can walk and turn with ease.

**8618** Tu 4/16-6/11 2:15-3 PM \$48/\$60  
Exercise Room/Serrano-Gonzalez

## **On Your Feet — Yoga Blend**

Class includes basic yoga poses in a slow and easy pattern, adding elements of balance and core-strengthening exercises, in a standing or seated position. No mat work involved.

**8620** W 4/10-6/5 1:15-2 PM \$48/\$60

**8619** F 4/12-6/7 12:15-1 PM \$48/\$60  
Exercise Room/Finn

## **Pilates Basics**

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind/body workout using mats (provided). Class is appropriate for beginners.

**8634** Th 4/18-6/13 11-11:45 AM \$58/\$72  
Lounge/Finn

## **Pilates — Intermediate Workout**

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

**8635** Th 4/18-6/13 2:15-3 PM \$58/\$72  
Lounge/Klopper

## **NEW! Salsa Night**

Dance the night away! Begin with a 30-minute salsa lesson, followed by an hour of open dancing. All levels of ability are welcomed. No partner required. Light refreshments will be served. This event takes place on the first Tuesday of the month.

**9026** T 4/2-6/4 5-6:30 PM \$15  
Carnation Room/Delgado-Alba, Serrano-Gonzalez





# Fitness and Sports

## Soul Line Dance

This dance-based fitness class is appropriate for people of all fitness levels who like to shake their groove thing. Similar to its country cousin, soul-line dance is a set of steps and moves to soul and hip-hop music that's repeated facing all four walls. Learn to two step, shuffle and wobble, among others.

**8630** Tu, Th 4/9-6/6 6:30-7:30 PM \$50/\$62  
Exercise Room/Hailey

## Strength Training Challenge

This class is designed to build muscle strength, endurance and improve balance. The instructor guides you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. Class may include work on the mat.

**8637** Tu, Th 4/9-6/6 9-9:45 AM \$65/\$81  
Exercise Room/Ramsey

## Stretch With Ease

This easy-to-follow class helps you increase your flexibility while incorporating simple stretches and basic yoga movements. This class is appropriate for most fitness levels. Bring a yoga sticky mat. This class includes work on the mat.

**8609** Sa 4/13-6/8 11:15 AM-12 PM \$40/\$50  
Exercise Room/Owen

## **NEW!** Strong 30™

Strong 30™ is an innovative and intense 30-minute, complete body exercise. During this workout, cardio and strength training are perfectly combined to music. There is no need to count reps since you are moving to the beat, pushing forward and burning more calories. For the very active participant.

**9308** T 4/9-6/4 12:15 PM-12:45 PM \$49/\$65  
Exercise Room/Finn

## T'ai Chi Ch'uan - Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class incorporates and compares different styles of T'ai Chi, including aspects of history and culture. For Senior Center members only.

**8591** Tu, Th 4/9-6/13 10-10:50 AM \$8  
Carnation Room/Gegan

## Game Room Activities

Play pool and table tennis daily in the Senior Center game room. Open 8:30 a.m.-7 p.m., Monday and Wednesday, 8:30 a.m.-5 p.m., Tuesday, Thursday and Friday, and 8:30 a.m.-2:45 p.m., Saturday. Practice games, clinics, and instruction are held regularly. Table tennis is also available at Twinbrook Community Recreation Center from 9-10 a.m., Wednesday. For Senior Center members only.

Ongoing  
Game Room

Free

## Total Conditioning Workout

This strength-building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class may include work on the mat.

**8623** M 4/8-6/10 9-9:45 AM \$48/\$60

**8622** F 4/12-6/7 9-9:45 AM \$48/\$60

Exercise Room/Klopper

## Triple Challenge

This great class addresses the three major components of exercise; cardio conditioning, strength training and flexibility. Receive a total body workout in only one hour. Class can be modified for most fitness levels. This class includes work done on the mat.

**8615** W 4/10-6/5 5-6 PM \$48/\$60  
Exercise Room/Biedscheid

## Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates. This class is performed in slow, flowing patterns. Bring a yoga sticky mat. This class includes work done on the mat.

**8624** M 4/8-6/10 11:15 AM-12 PM \$48/\$60  
Blossom Room/Owen

## Hydrate!

It's important to stay hydrated  
throughout your workout.

## Walking Series - Black Hills Regional Park

Enjoy the outdoors with this seasonal event. Join this walking series to increase your fitness level while experiencing some of our beautiful local trails. This program is designed for the active participant. Some trails may include uneven surfaces. Transportation will be provided. Bring a bag lunch.

**8593** Tu 6/18 10 AM-2:30 PM \$10/\$12  
Klopper

## Walking Strong

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class that includes muscle-boosting exercises to increase circulation, boost your immune system and burn calories. Walk approximately one mile each class. Tuesday class is held in the Carnation Room.

**8595** Tu, Th 4/9-6/6 12:15-12:45 PM \$28/\$35  
Exercise/Owen

## Yo-Chi and Balance

This mind-body class combines standing yoga poses with Chinese T'ai Chi movement patterns to enhance balance. This fusion program improves stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Modifications are available. Class is for most fitness levels. Bring a yoga sticky mat.

**8606** M 4/15-6/17 1-1:45 PM \$35/\$44  
Exercise Room/Serrano-Gonzalez

## Personal Trainer

Let a nationally certified personal trainer design a program based on your individual needs. Includes initial evaluation. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

**One: One Hour Session: \$49**  
**Two: One Hour Sessions: \$95**  
**Three: One Hour Sessions: \$135**  
**Six: One Hour Sessions: \$250**  
**Ten: One Hour Sessions: \$395**  
Fitness Room

## Did you know?

**All of our fitness  
instructors and personal  
trainers are nationally certified.**

## Yoga Flow

Move in sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. This class includes work done on the mat. Please bring a yoga sticky mat.

**8616** M 4/8-6/10 6:30-7:30 PM \$48/\$60  
Exercise Room/England

## Yoga for You

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat. This class includes work done on the mat.

**8639** W, F 4/10-6/12 (W) 9:50-10:50 AM \$95/\$119  
(F) 10-11 AM

Exercise Room/Figure

## Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total-body conditioning workout using the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

**8631** W 4/10-6/12 8:45-9:30 AM \$55/\$69  
Exercise Room/Ford

## Zumba Gold

This easy Latin and internationally inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total-body workout.

**8610** M 4/8-6/17 5-6 PM \$40/\$50  
Exercise Room/Ford





# Fitness and Sports

## Sports - Instructional

### Table Tennis – Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only fun to play, the game helps increase dexterity, flexibility, coordination and reflexes.

**8598** M 4/8-5/20 1-2 PM \$30/\$38  
Game Room

### Table Tennis – Intermediate

This class is for those who have a basic knowledge of the rules and scoring and have experience playing. Not only is the game fun to play, it aids dexterity, flexibility and coordination.

**8599** W 4/10-5/22 1-2 PM \$30/\$38  
Game Room

### Table Tennis – Advanced

This class is for players who have advanced beyond the intermediate level of play. Participants must have strong knowledge of rules and scoring.

**8597** F 4/12-5/24 1-2 PM \$30/\$38  
Game Room

## Sports Leagues

### Badminton

Learn to play or improve your game. Play is held at Twinbrook Community Recreation Center which has a wood floor court for badminton. Free to Senior Center members and Rockville residents.

**8584** W, F 4/10-6/12 8:45-9:45 AM Free  
Gymnasium

### Fitness Buddy

Are you in need of assistance while you exercise in our state-of-the-art fitness center? Let your fitness buddy help guide you through the equipment. Schedule an appointment and your buddy will work with you for one hour. This is not a personal training session. An appointment is required for this service. Please stop at the front desk to register. Must be a Fitness Club member.

M-F 8:30-6 p.m. \$15

### Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente. All participants must fill out a registration packet and hand it to the instructor when you arrive. Note: First Wednesday of every month class is held at Lincoln Park Community Center.

M & W 1:30-2:15 PM & 2:20-3:05 PM Free

### Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. If interested in joining a team, register for this activity at the Rockville Senior Center front desk. For Senior Center members only.

**8585** Tu, Th 4/9-6/13 10-11 AM Free  
Bocce Court

### Duffers Club

It's time to begin the 2019 golf season. Play is arranged at local golf courses. All levels of ability are invited to join; however this is not a teaching activity. Both 9 and 18-hole play are available. Join us for our annual Duffers organizational meeting at 10 a.m., Wednesday, March 27 at the Rockville Senior Center.

**9426** M 4/22-9/23 7:30 AM-1 PM \$7/\$9  
Reamy

## Know the Risks Opioid Education Forum

Thursday, June 6, 1-3 p.m.

Learn from local experts in the field on the effects of opioid use, alternative pain management, and safe storage and disposal. Presentation by local physician on opioid addictions & local police speaking about importance of drug take back and storing prescriptions.

Course #9440; FREE

## Newcomb Volleyball

Join us for a different kind of volleyball in which players toss and catch the ball instead of hitting it over the net. Beginners, as well as experienced players, are welcome. Free to Senior Center members and Rockville residents.

**8587** W, F 4/10-6/12 10-11 AM Free  
Twinbrook CRC Gymnasium

## ROGue Tennis

ROGue Tennis is played indoors with a foam ball on a smaller court, so play is easy and fun. Special tennis balls bounce lower and move slower through the air, making them easier to hit. This class is appropriate for beginners. All equipment is provided.

**8594** M 4/15-5/20 3:15-4:30 PM \$15/\$18  
Exercise Room

## Senior Swim

### 60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Workout while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

**9036** Tu 4/23-6/11 2:05-2:50 PM \$18/\$23

**9037** Th 4/25-6/13 2:05-2:50 PM \$18/\$23  
South Pool

## Senior Aquacize – Advanced

This swim course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.)

**9029** M 4/22-6/10 11:05-11:50 AM \$16/\$20

**9032** W 4/24-6/12 11:05-11:50 AM \$18/\$23

**9033** F 4/26-6/14 11:05-11:50 AM \$18/\$23

North Pool Section 3



## Senior Aquacize – Beginner

Seniors benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles. Swimming skills not required.

**9030** M 4/22-6/10 10:10-10:55 AM \$16/\$20

**9035** W 4/24-6/12 10:10-10:55 AM \$18/\$23

**9034** F 4/26-6/14 10:10-10:55 AM \$18/\$23

North Pool Section 3

## Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body. Perfect for anyone looking for a mid-day boost. Swimming skills not required.

**9028** M 4/22-6/10 2:35-3:20 PM \$16/\$20

**9031** W 4/24-6/12 2:35-3:20 PM \$18/\$23

North Pool Section 2



## HEALTH FAIR

**Wednesday, May 22**

**11 a.m.-1:30 p.m.**

Free health screenings, healthy snacks and more. Montgomery County and Rockville agencies along with vendors from various health facilities will be present.



## Diabetes Self-Management Education Program

This six-week workshop includes techniques to deal with the symptoms of diabetes (such as fatigue, pain, hyper/hypo-glycemia, stress and emotional problems), diet and exercise, use of medications and working effectively with health-care providers. Participants receive a copy of the companion book, "Living a Healthy Life with Chronic conditions, 4th Edition." Presented by Adventist Healthcare Center for Health Equity and Wellness. Services are funded in part by Montgomery County, Maryland Dept. of Health and Human Services.

9369 M 4/1-5/6 10:30 AM-1 PM Free  
Blossom Room

## Friends Corner

### General HHS/AAHI Resource Table

Visit our resource table to learn more about the programs and services offered by Montgomery County's Department of Health and Human Services (HHS) and the Asian American Health Initiative (AAHI)! AAHI is a part of HHS.

9390 Tu 4/23 10 AM-12 PM Free  
Lobby

### Dimensions of Wellness (Taught in Mandarin)

多了解怎麼讓自己的身體和心理更健康!

Join us to learn more about health and the 8 dimensions of wellness!

9391 Tu 5/9 1-2:30 PM Free

### Transportation (Taught in Mandarin)

了解您的蒙哥馬利郡交通工具選擇!

Learn about the various transportation options the county offers to older adults to help you get around!

9392 W 6/12 1-2:30 PM Free

### Medication Management (Taught in Mandarin)

一位註冊藥劑師會和您探討藥物管理並解答有關用藥的問題。

A licensed pharmacist will briefly discuss medication management and answer medication questions from the group.

9393 W 6/19 1-2:30 PM Free  
Azalea Room

## Hands Only CPR

June 1-7 is CPR Week! Please come join us for a free "Hands Only CPR class". In this class we will learn the evolution of CPR, how it works and a simple way to help someone. Hands-Only demonstration and practice opportunity will be provided on a feedback device mannequin. Presented by Adventist HealthCare.

9388 W 6/5 1-2:30 PM Free  
Azalea Room

## Headaches, Vertigo & Dizziness

Why do headaches and vertigo occur? Can you prevent the onset of a headache, migraine or vertigo? In this seminar from Suburban, John Hopkins, learn how headaches differ among age groups; how other health conditions affect migraines and why an individual's history of headaches is key to proper diagnosis and treatment; and treatment options for various types of headaches.

9396 Th 4/25 1-2 PM Free  
Azalea Room

## How Can I Reduce My Arthritis Joint Pain?

Why do I feel Pain and stiffness in my joints? Why is it worse in the morning or with changes in weather? This presentation will go over what is happening in your body when joints naturally age and become arthritic. Some techniques for you to improve your joint pain at home, including gentle and specific guided stretches that target particularly painful joints will be reviewed. Presented by Dr. Sofia Tedesco, D.C., Healing Hands Chiropractic.

9385 Th 4/18 1-2 PM Free  
Azalea Room

## Mental First Aid

Mental health is so important for our whole being. We often take care of our bodies, but are we adequately taking care of our minds? In this workshop we will discuss the different ways to ward off feeling "blue" and simple ways we can improve our mental wellbeing. Presented by Adventist HealthCare.

9386 W 4/10 1-2 PM Free  
Azalea Room

## Nutrition After 50

Are you interested in learning how to optimize your day-to-day food choices that will impact your overall health? A registered dietitian, will discuss the basics of meal planning, what to look for on food labels and diet modifications that will help you look and feel your best in your 50s and beyond.

9394 Th 5/23 1-2 PM Free  
Azalea Room

## Pressure Points: The Latest on Blood Pressure

Guidelines on treating high blood pressure for people older than 60 continue to change. Find out how the latest hypertension guidelines affect your numbers. Learn the current research on hypertension, how recent guidelines can have an impact on blood pressure and when lifestyle modifications and medications are appropriate. Presented by Sharon Shapiro, RN.

9395 Th 6/27 1-2 PM Free  
Azalea Room

## Sesiones de Comer Saludable en Espanol

(Healthy Eating Sessions in Spanish)

Adoptar hábitos de comer saludable es clave para nuestro bienestar y para la prevención de enfermedades crónicas. En esta serie de cuatro sesiones, aprenderá de una manera divertida y practica sobre la guía recomendada para mantener un estilo de alimentación saludable; los riesgos ocultos que se encuentran en nuestros alimentos como el azúcar, la sal y las grasas; y como planificar y comprar comida saludable a bajo presupuesto. Los participantes recibirán material educativo y promocional en cada sesión. Presentado por la Iniciativa Latina de Salud del condado de Montgomery.

Adopting healthy eating habits is key to our wellness and preventing chronic diseases. In this series of four sessions, you will learn in a fun and practical way about the recommended guidelines to a healthy eating style; the hidden risks found in our food such as sugar, salt, and fats; and how to plan and shop for healthy meals on a budget. Participants will receive educational and promotional material on each session. Presented by the Latino Health Initiative of Montgomery County.

9383 F 5/24-6/14 1-2:30 PM Free  
Arts & Crafts Room



## Stress Reduction/Meditation

This class offers the tools to focus, relax and come to a more peaceful sense of being. There is time for both meditation and discussion. Betty Figlure has taught meditation, guided imagery and stress reduction classes for over 30 years.

9370 M 4/8-6/17 1-2 PM \$30/\$40  
Board Room/Figlure

## Stroke, Signs & Symptoms: What You Must Know

May is "Stroke Prevention Month"! Join us for this important workshop and learn what you need to know Beyond F.A.S.T!! This workshop will be presented by a CPR instructor and can make a difference in the life of someone you love. Through Adventist HealthCare.

9387 W 5/8 1-2 PM Free  
Azalea Room

## Truth About Medicare

Are you confused about Medicare? What is PART A, B, C, D? What does Medicare cover? The basic needs to know about Medicare coverage will be explained. Presented by DiscoverUHealth and a professional Medicare insurance agent.

9384 Tu 4/16 1-2:30 PM Free  
Azalea Room



# Support Resources



## Ask the Realtor

### Whats My House Worth?

Coni Otto, Certified Residential Specialist (CRS) will help you learn how the appraiser values your house in any market required by the buyer's bank and what happens if it does not appraise for asking price!

9350 Tu 5/14 10-11:30 AM Free  
Board Room

### Probate

If you just inherited a house and you want to sell it, learn what to do!

9353 W 6/12 10-11:30 AM Free  
Blossom Room

## Digital Privacy: Protecting your privacy online

Older adults lose as much as \$36 billion annually to financial exploitation. Maryland Consumer Rights Coalition (MCRC) offers free trainings on digital privacy for older adults, focusing on ways to protect their privacy online, what to do if their privacy is breached, and what Maryland laws and resources are available to assist them.

9399 Tu 6/4 10-11 AM Free  
Azalea Room

## Getting from Point A to B

Learn more about many transportation options in the area. Get assistance filling out applications for Metro Access and Montgomery County Call-n'-Ride. Abby Levin, information and mobility specialist with Connect-A-Ride, is available to assist with all of this!

9351 W 4/24 10-11 AM Free  
Blossom Room

## Senior Citizens Commission

The commission is appointed by the Mayor and Council. The commission identifies issues that support making Rockville a community where seniors choose to remain and live a healthy, safe and active life.

## Invisible Killer

There is a new Montgomery County Carbon Monoxide Alarm Law and you should be prepared. By July 2019, certain homes or townhouses in Montgomery County that fit the conditions must have at least one carbon monoxide alarm. More fire safety tips will be shared by, Jim Resnick, Program Manager, Montgomery County Fire and Rescue Service.

9360 Tu 5/7 10-11:30 AM Free  
Azalea Room

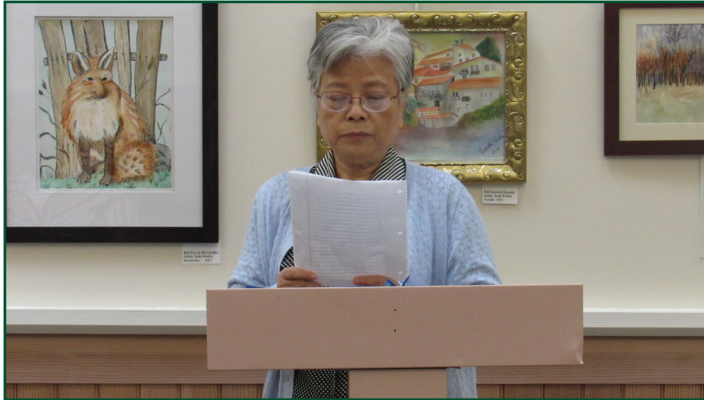
## Memory Cafe

Alzheimer's Association Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. Meets 1st and 3rd Monday of the month. Bring you a bag lunch and meet people! Must call Pamela Mills for preregistration screening at 240-499-9024.

9348 M 4/1-6/17 12-1 PM Free  
Board Room



# Support Resources



## Positive Aging Program

Take this unique opportunity to meet with fellow seniors and chat about the day, current events or hobbies. Make new friends and learn something new.

### Spring Cleaning

Have you the need or are you being nagged to declutter? Does it sound overwhelming? Join this group to learn about clutter versus hoarding, why we're attached to our belongings and, primarily, what tools are available to use when spring cleaning. Class is held first and third Tuesdays. No Meeting on 4/30.

**9366** Tu 4/2-6/18 1-2:30 PM Free  
Carnation Room

### Women Living Alone Support Group

How to Live Alone and Not Be Lonely: a long standing open enrollment support group at RSC in which members support each other through listening as well as through offering tips, suggestions, and advice for a variety of issues. First and third Thursdays. No meeting on 5/30.

**9363** Th 4/4-6/20 1-2:30 PM Free  
Card Room

### Brain Games to Stay Brain Fit

Join others to learn about and play games to cross train your brain. The areas of your brain that decay slightly with normal aging are: memory; word recall (language); attention; visual and spatial awareness; brain speed and reflex; recognition; and intellect (learning). There are board and online games that address each and every one of these areas of the brain. Why not have fun with others in exercise and play? Class is held the second and fourth Tuesday.

**9364** Tu 4/9-6/25 1-2:30 PM Free  
Carnation Room

## Fear of Aging

Fear of aging is one of the most common fears there is. Our culture tells us to fear a long decline and yet, today many more people are living longer and more vitally. We have more elders around us than ever before who can personally describe retirement, second careers, kayaking, living with chronic illness, volunteering and embracing a spiritual life. Yet even with these resources we feel increasingly unprepared. The fear that aging as a long decline can infiltrated our expectations and relationships. What do we do with these fears? Join us as we share and discuss ways to anticipate, face, and cope with this very common fear. Class is held second and fourth Thursdays

**9365** Th 4/11-6/27 1-2:30 PM Free  
Carnation Room

## Alcohol and Aging Workshop

As we get older and our bodies change, our ability to tolerate alcohol changes too. These changes are important to understand when thinking about drinking alcohol. Different health issues may develop as you age. Alcohol use can exacerbate feelings of anxiety and depression. You may also need to take more medications than you used to, or different medications that are affected by alcohol. Join us as we discuss the different ways drinking affects healthy aging.

**9367** Th 5/30 1-2:30 PM Free  
Azalea Room

## Senior Health Assistance Program SHIP

Montgomery County's State Health Insurance Assistance Program (SHIP) free one-hour seminar will help residents learn about costs-savings strategies with Medicare. Did you know there are Medicare and other resources that can help pay for your prescription drugs? Do you know what alternatives are available in Montgomery County that may help you receive healthcare, dental and vision care? Learn about how to make the most of your Medicare benefits.

**9349** Th 4/11 10 AM-12 PM Free  
Azalea Room

## Did you know?

**We have a counselor on site  
Tuesdays and Thursdays.  
For questions, call 240-314-8810.**



## Support Resources

### Daily Lunch

Hot and cold lunches are available at noon,  
**Monday-Friday.**

Participants contribute as much as they are able toward the cost of the meal (\$5.72).  
Reservations required 24 hours in advance: 240-314-8810.

### Have Questions?

**Call 240-314-8800 or  
email us at  
seniorcenter@rockvillemd.gov**

### Developing Villages in Rockville

#### Twinbrook Village

Contact:  
Twinbrookvillage@gmail.com and  
communitywildlifehabitat@gmail.com

#### King Farm Neighbors Village

Contact:  
kfnvinfo@gmail.com  
301-799-8104

#### FELD Village (West End)

Contact:  
nonny62@verizon.net

#### Pump House (East Rockville) Village

Contact:  
pumphousevillage@gmail.com

### Senior Transportation

Are you 60-plus, live in the city limits of Rockville and need a ride to the center or to the grocery store?

#### Monday to Friday:

Pickup (for those who call in advance schedule): Approx. 9 a.m. and approx. 11 a.m.

**Take home times:** Noon • 1 p.m. • 2:30 p.m. • 3:30 p.m.

Bus is for City of Rockville residents aged 60 and older. Please see or call the transportation office for a reservation: 240-314-8810.

Please call before 2 p.m. the day before and Friday for a Monday pickup.

## Rockville Emergency Assistance Program (REAP)

Emergency assistance is available for eligible City of Rockville seniors, 60 and older, experiencing a financial crisis, such as eviction or utility shut-off, or who need prescription medication. Referrals for emergency food, clothing, financial counseling, housing assistance and foreclosure counseling are also provided.

### Contact:

Martha McClelland; 240-314-8816,  
or Andrea Rogers; 240-314-8817.

## Benefits of the Senior Center Membership include:

Discounts on Senior Programs  
Discounts on Rentals  
DVD Rentals  
Eligibility to Join the Fitness Center  
Early Class Registration  
Drop-in Programs  
Discounts in all  
Rockville Adult Classes  
Eligibility for Senior Garden Plots

## Resource Refresher

- Information and resource referrals
- Customized individual assistance
- Home visits from staff
- Emergency financial assistance
- Financial assistance for center memberships and classes
- Health education
- Immunizations
- Blood pressure screenings
- Body composition screenings
- Medical equipment loan closet
- Wellness counseling
- Individual counseling and support groups
- Bus service to the Rockville Senior Center
- Bus service to shopping
- Subsidized taxi coupons
- Home evaluations on repair and safety needs
- Help determining the appropriate service provider to call
- An up-to-date list of area contractors
- Snow removal
- Care management on low incomes.
- Daily lunch at noon
- Weekly Chinese lunch
- Computer and technology
- Digital photography
- ESOL (English for Speakers of Other Languages)
- Citizenship
- Language classes
- Free Notary Services



# General Information

## Registration Begins:

- Member registration begins Tuesday, Feb. 26 and
- Nonmember registration begins Thursday, Feb. 28.

## Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

## Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

## Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: Adults 60+ programs \$15; swim \$15.

## Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists.

## Program Assistance Fund:

- Tax-deductible donations to this fund are accepted at the front desk of the senior center or through the check off box on the registration form.

## Most convenient method. 7 days a week.

### 1. Online:

- [www.rockvillemd.gov/recreation](http://www.rockvillemd.gov/recreation)

### 2. Fax to:

- Rockville Senior Center: 240-314-8809

### 3. Mail to:

- Rockville Senior Center  
1150 Carnation Drive 20850

### 4. Walk-In:

- The Senior Center walk-in hours are Monday-Friday 8:30 a.m.-5 p.m. Rockville City Hall and community centers accept walk in registrations. Please call for operating hours to avoid unnecessary trips. Membership can only be processed in person at the Rockville Senior Center.

## Program Assistance Fund

The program helps Rockville residents 60-plus needing assistance paying for membership, classes and trips. Please call 240-314-8810 for additional questions. Photo ID and/or verification document that you live in the city limits of Rockville and income documents are required.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at [www.rockvillemd.gov/registration](http://www.rockvillemd.gov/registration)

### Online Donation Course #s

\$10.00	#2239
\$25.00	#2240
\$50.00	#2241
\$75.00	#2242
\$100.00	#2243

Donations by check may be made out in any amount.

Mail to: Rockville Senior Center

1150 Carnation Drive, Rockville, MD 20850

## Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a program, we want to know! We will suggest another program, or if you prefer, we will give you a credit. That's our Customer Satisfaction Guarantee to you.

# Registration Form

## Contact Information | Información del contacto

Last Name   Apellido*	First Name   Nombre*	Birthday   Fecha de nacimiento (mm/dd/yy)*	Email*
Address   Dirección*		City   Ciudad*	State   Estado* Zip   Código postal*
Home Phone   Teléfono de Casa*		Work Phone   Teléfono de Trabajo	Cell Phone   Celular

## Emergency Contact | Contacto de Emergencia

Name   Nombre*	Relationship   Relación*	Phone   Teléfono*
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Activity Name Nombre de la Actividad	Activity Number Número	Fees* Costo*

Contribution to Program Assistance Fund: \$10 \_\_\_\_\_ \$25 \_\_\_\_\_ \$50 \_\_\_\_\_ Other \$ \_\_\_\_\_

Processed by Check, Cash, Charge	Date Processed:	Total Paid: \$	Total Amount Due: Cantidad Total:
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**Program Modifications:** Participants with disabilities should contact our office prior to activity.

## Payment | Pago

Name on Card   Nombre en la tarjeta	Credit Card Number   Número en la Tarjeta de Crédito	Security Code   Código de Seguridad	Expiration Date   Fecha de Expiración
Payer Address (If different than above) Dirección del Pagador (si es diferente que la de arriba)			
<input type="checkbox"/> Visa   <input type="checkbox"/> Mastercard   <input type="checkbox"/> Cash   <input type="checkbox"/> Check # _____		City   Ciudad	State   Estado Zip   Código Postal
Cardholder Signature   Firma del Dueño de la Tarjeta			

## Release, Waiver, Assumption of Risk and Consent | Descargo y exención de responsabilidad, asunción de riesgos y consentimiento

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program. By providing your email address you are agreeing to sign up for the Rockville & Recreation and Parks mailing list to receive email updates about our programs. All information collected will be used in accordance with the City of Rockville privacy policy. You may withdraw your consent at any time. By my participation in a City of Rockville, Department of Recreation and Parks program and/or entering a facility, I agree to follow all posted and/or published rules and staff member's instructions. Violation may result in removal from the program and/or suspension from the facility.

Participación en el programa puede ser una actividad peligrosa. Participante no debe participar en el programa a menos que el participante está en buena forma física y es médicamente capaz. Participantes (o padre o tutor en nombre de un participante menor de edad) asume todos los riesgos asociados con la participación en este programa, incluyendo pero no limitado a, los generalmente asociados con este tipo de programa, los riesgos de viajar en las vías públicas, de accidentes, de enfermedad y de las fuerzas de la naturaleza. Teniendo en cuenta el derecho a participar en el programa y en consideración del acuerdo por el participante por el Alcalde y Consejo de Rockville a través de su Departamento de recreación y parques para comida, viajes y recreación, el participante, sus herederos y ejecutores, o un padre o tutor en nombre de un hijo menor de edad pudiera derivarse de o como resultado de la participación en el programa. El participante (o el padre o tutor en nombre de un participante menor de edad) concede el permiso de un médico o un técnico médico de emergencia administrar tratamiento de urgencia de la participante y consiente al uso de la ciudad de fotografías o videos del programa que incluyen al participante. Ni el instructor ni ninguno de el personal es responsable de los participantes antes o después del programa. Al participar en un programa de la Ciudad de Rockville, el Departamento de Recreación y Parques y / o ingresar a un centro, acepto seguir todas las normas publicadas y / o publicadas y las instrucciones del miembro del personal. La violación puede resultar en la eliminación del programa y / o la suspensión de la instalación.

\* Signature of Participant/Guardian | Firma del participante/tutor \_\_\_\_\_



City of Rockville  
111 Maryland Avenue  
Rockville, Maryland 20850-2364

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## **Senior Center Happenings: Rockville Seniors, Inc. Sponsored Fundraisers:**

### **Rockville Seniors, Inc. (RSI)**

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities. For more information, visit: [www.rockvillemd.gov/boardsandcommissions](http://www.rockvillemd.gov/boardsandcommissions)

### ***St. Patrick Pancake Breakfast***

**Saturday, March 16, 9-11 a.m.**

\$7 per person, \$4 kids 12 years and under, \$20 for family of 4

### **Salsa Night**

**Tuesday, April 2-June 4, 5-6:30 p.m.**

Dance the night away! Begin with a 30-minute salsa lesson, followed by an hour of open dancing. All levels of abilities are welcomed. No partner required. Light refreshments will be served.

Course #9026, \$15

### **Spring Flower Happy Hour**

**Tuesday, April 30, 4:30-6 p.m.**

A \$3 donation is recommended. Register by 4/22.

Course #9407

### **Spring Bazaar**

**Saturday, May 4, 9 a.m.-2 p.m.**

**Craft sale, bake sale, book sale, plant sale and more!**

Lunch is available for purchase.

Call 240-314-8800 for vendor information

### **Art Reception**

**The works of the Senior Center Watercolor class**

**Thursday, May 16**

6-8 p.m., free

**All events are held at the Rockville Senior Center. Transportation is available.  
Please call 240-314-8810 two weeks prior to events.**